

Bangalore Mirror

TEMP Max 30 | Min 17 | Humidity 84%

Fog or Mist would occur in early morning

Sensex 71,721

Nifty 21,647

Gold 62,830

Silver 76,000

Dollar 83.02

Euro 90.86

GBP 105.92

CITY / PAGE 2

KIDS' SAFETY

Awareness amongst children key



CITY / PAGE 4

DEAD INFRA LINES

Please listen to the city's hole story



Preservation of old trees that form large canopies and improve airflows can tackle urban heat islands

SUPERCOOL

JUNIOR CAZANGI/PEXELS

'Air temperature in rural green spaces cooler by 1.9°C'

Garima Prasher
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TWEETS @BangaloreMIRROR

A recent analysis of public green spaces in Bengaluru has pointed out that parks with older trees are more effective in reducing urban heat island effect in comparison to green spaces with relatively younger trees.

The study conducted by a group of researchers examined four urban green spaces in the city — Ayyappa Park, Madhuvan Park, Lalbagh, and Cubbon Park. The researchers analysed the importance of these spaces in mitigating the urban heat island effect.

When researchers studied the ambient air temperature inside these green spaces, they realised that although Ayyappa Park had more trees compared to Lalbagh, the ambient air temperature through most of the day at Ayyappa Park was higher in comparison with Lalbagh.

"Lalbagh has older and native trees that provide greater daytime shading and cooling compared to that of the younger trees at Ayyappa Park. The area around Ayyappa Park is densely populated,



which could have led to relatively higher temperatures through decreased air circulation and increased solar radiation. Moreover, the total geographical area of Ayyappa Park is smaller compared to that of Lalbagh, which would easily dissipate the excess heat,"

CONTINUED ON PAGE 8 >>

“As long as we respect natural wind paths and orientation of the sun while planning our towns and cities, the urban heat island effect can be mitigated

— Dr Rajesh Gopinath, professor,
BMS Institute of Technology and Management

How much corruption is corruption



In 2022, courts in state had 1,712 corruption cases awaiting trial

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TWEETS @BangaloreMIRROR

Karnataka stands third in the country for cases registered under the Prevention of Corruption Act as per the NCRB. According to the National Crime Records Bureau, in the year 2022, the state recorded 389 cases under Prevention of Corruption Act, 1988 (PC Act).

The majority were trap cases in which 250 were registered. The state registered 56 cases of disproportionate assets, 16 of criminal misconduct alongside 67 others.

Data revealed the police had 1,102 cases pending investigation from the previous year (2021); by the end of the year 2022, the police had 1,298 instances of corruption pending investigation.

Of these cases, charge sheets were submitted in just 150 cases; the final reports were submitted for only 43 cases.

Similarly, in Karnataka courts, more than 1,500 cases were pending trial from the previous year; as 2022 wrapped up, courts had 1,712 corruption cases awaiting trial.

In these cases, courts only convicted 60 people with a conviction rate of 33.7, which is much lower

CONTINUED ON PAGE 4 >>

2 THINGS TO DO

01 Cosmic talk

Globally renowned science educator Arthur Eisenkraft will be featured in the Azim Premji University public lecture series for 2024. He will be speaking on 'The Nature of Motion-A Lazy (or very efficient) Universe'. You can receive insights for improved teaching and learning. Eisenkraft is a distinguished Professor of Physics and Director of the Centre of Science and Math in Context (COSMIC) at the University of Massachusetts, Boston. **Where:** Bangalore International Centre **When:** January 13; 4:30 pm - 6 pm


02 Jazzy moment

The Espen Berg Trio is set to mesmerise audiences with their unforgettable jazz experience as they take the stage for two nights. Hailing from Norway, the trio comprises Espen Berg on piano, Bárður Reinert Poulsen on bass, and Simon Olderskog Albertsen on drums. **Where:** Windmills, Whitefield **When:** January 12 and 13; 9:30 pm onwards

Programme for e-shram cards

The state government has allocated Rs 1.30 crore for accident compensation and medical facilities for newspaper vendors and beat boys. "We have taken the first step to provide social service security to the workers of the unorganised sector by earmarking grants," said Labor Department Commissioner

Dr HN Gopalakrishna on Thursday. He was speaking at the launch of an e-shram card registration campaign held at the Bangalore Mirror and Vijay Karnataka office in collaboration with the Labour Department and Karnataka State Unorganised Workers Social Security Board. Out of a total of 75k newspaper vendors and beat boys in the state, only 2,600 people have registered so far. Deepak Saluja, CEO of VK and BM, said, "The government has implemented a scheme for people who distribute newspapers regardless of wind, rain, and cold."



— BMB

Covid: Just 553 shots administered so far

Precautionary doses being given to those belonging to vulnerable group from first week of Jan, but of 32 districts, 21 have not taken any used any shots so far

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With the surge in covid 19 cases, the Karnataka government decided to start with precautionary doses of vaccine for the vulnerable group. The Corbevax vaccines were supplied to the state at the beginning of January and had been sent to the districts. The vaccine administration has started for a few days, and as of Wednesday, only 553 doses were administered.

During the first week of January, the Health and Family Welfare Department released a circular stating that the Corbevax vaccine can be given as a heterologous preventive dose as per the guidelines of the Government of India. Therefore, as per the guidelines of covid 19 vaccination for those above 60 years of age, immunocompromised individuals, and healthcare workers who received the second dose of the Covishield and Covaxin vaccines after completion of 6 months or 26 weeks and did not receive a preventive dose, Corbevax can be given. Vaccination will be done only in district hospitals and taluk hospitals, as

decided by the district.

However, out of the 32 districts in the state, including the Bruhat Bengaluru Mahanagara Palike (BBMP) division, over 21 districts have not taken any doses so far. While 30,000 precautionary doses have been provided by the Centre, only 553 doses have been taken so far.

Dr Naveen Bhat Y, State Mission Director, National Health Mission (NHM), said, "We have administered 553 doses as of Wednesday, out of which Man-

“ Since many people now understand that the disease is now mild, they are not serious about it. We don't even see them wearing mask —an official

dya has achieved the highest with 239 doses. 21 districts have taken zero doses given in this batch.”

Surprisingly, Bengaluru urban and BBMP, which constitute the major population and are comparable to the other districts, saw zero takers of the precautionary doses of vaccines.

In order to create awareness



Out of 32 districts in Karnataka, including the BBMP division, over 21 districts have not taken any doses so far

and bring in more people to take the precautionary doses, Dr Naveen said, "Regular press briefings and IEC coverage are being done at the district level to motivate people to come and take booster doses. Especially those front-line workers who are not covered are being motivated to come and take the booster dose."

A health department official said, "Since many people now understand that the disease is now mild, they are not being serious about it. We don't even see people wearing masks. However,

what is important is that people with comorbidities and the elderly are more vulnerable. We are seeing covid deaths reported by those who have had comorbidities. It is thereby important for this group to get vaccinated."

According to the Cowin portal, so far since the time covid vaccinations were initiated after the first and second waves, Karnataka has covered the vaccinations of 5,51,74,903 individuals with dose one. The second dose completed was 5,53,91,955. In the precautionary dose, over 1,15,86,381 doses were given.

Safety for kids: Let them know their rights

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TWEETS @BangaloreMIRROR

The Commissioner for School Education has issued a circular to the government as well as private schools to organise Open House programmes to create awareness among students about the Protection of Children from Sexual Offences Act (POCSO) 2012.

The circular, dated January 8, 2024, has directed all the schools across the state to organise awareness programmes during prayer meetings, parents' meetings, and leisure time for the benefit of students. The circular also directed all headmasters to organise awareness programmes on the POCSO Act in association with local police and involve all stakeholders.

As per the records, the state has registered 6,160 POCSO cases in five years, from 2018 to 2022. It is said that 444 cases were registered under the POCSO Act in Bengaluru in the year 2022. Meanwhile, child rights activists and teachers have welcomed the decision to organise awareness programmes for school students and stakeholders on the POCSO Act 2012. They said that awareness of the POCSO Act is a must among the students in the present scenario, where children get all sorts of content on mobile phones.

"The need of the hour is to create much-needed awareness among the children about the POCSO Act 2012. I want the headmasters and stakeholders to ensure special juvenile police attend the awareness programmes. The local police may not know



how to interact with school students. There is a danger of children not participating actively in the programme in the presence of local police," said Nagasimha G Rao, Director of Child Rights Trust. Rao also stated that Open House programmes should create an environment to enable students to know the difference between good touch and bad touch. "Too much counselling has created confusion among the students about the difference between good touch and bad touch all these days. The Open House

should enable the students to know the difference between the good touch and the bad touch," he said.

Many have welcomed the decision to organise Open House programmes at all the schools. "It will benefit students. My suggestion is that the Open House programme should not consider that sexual harassment is the only problem students face at school. Awareness programmes should cover or include psychological harassment during the awareness programmes," she Veena Mohan, an educationist.

Welcoming the circular to conduct Open House programmes at schools, Swetha S, a teacher, said awareness of the POCSO Act would benefit students. "These programmes will help students learn how to face such situations," she said.

Techies arrested for creating app to run prostitution racket

Bangalore Mirror Bureau
mybangaloremirror
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TWEETS @BangaloreMIRROR

The Bengaluru police apprehended a software engineer and an engineering graduate on charges of developing an exclusive app used for an alleged prostitution racket involving a Turkish woman. Vyshak, who had resigned from his tech job due to significant losses in the stock market, created a dating app to generate quick income. Govindaraj, impressed by the app's privacy features, persuaded Vyshak to employ it for running the illicit operation, connecting them with the Turkish woman. The accused reportedly exploited the app's user data to attract customers for their prostitution business. Authorities from Baiyappanahalli Police have arrested the individuals involved.

The police have also arrested eight other persons in connection with the case, including the Turkish woman, and rescued seven women foreign nationals.

According to police, the accused, though earning handsome income, lost money in the share market and came under heavy

financial burden. To repay the money to the banks he had taken loan from, he thought of earning money by running a prostitution racket with women from foreign countries. The Turkish woman had come to India on a tourist visa and married an Indian. She later is said to have chosen prostitution as her profession.

Man arrested for home-maker's murder

Electronic City police have apprehended a man for the murder of a home-maker at her residence last week. The accused, Rajanish, used to work at a shop owned by Pankaj, the brother of the woman, Neelam. He had known the woman for a year and a half. Neelam's husband, Pradyum, a painting contractor, had helped Neelam's brother set up the shop. Aware that Pankaj had stored the shop earnings at Neelam's home, Rajanish planned to rob it on January 4. He strangled Neelam to death while she served him food, only to discover that the money had been deposited in the bank the day before. Rajanish fled with Neelam's earrings and Rs 8,000. The crime was revealed when Neelam's seven-year-old son returned from school that afternoon.

Traffic solution for Iblur Junction

Iblur Junction, an important link connecting South to North and East Bengaluru, was facing a traffic congestion crisis due to metro construction. The South division traffic police quickly crafted a solution: an alternative route for Sarjapur commuters. Identifying an unused road between Bellandur junction and Ecospace, the police collaborated with BMRCL to create a separate lane, thus bypassing Iblur Junction. This stretch facilitates direct connectivity for Sarjapur-bound vehicles and those travelling between Yemlur, HAL, and Bellandur, resulting in a notable decongestion. Commuters from HSR can now access Ecospace directly. With AI predicting optimal usage based on traffic load throughout the day, strategically placed signages guide and inform commuters.

"There has been reduction in congestion during evening peak for traffic coming to HSR in January," DCP South Traffic, Shiva Prakash Devaraju, said.

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Can't put up with shoddy silt removal

Minister NS Boseraju on Thursday raised concerns over 'unscientific removal' of silt in lakes under the jurisdiction of the state's minor irrigation department and directed officials to immediately take strict action to put an end to it.

The Minister for Minor Irrigation, and Science and Technology said this "indiscriminate" silt-lifting is contributing to lake suffocation, water scarcity, and financial losses to

the government.

Highlighting the detrimental effects of "unscientific" silt removal, he said: "The improper extraction of silt, exceeding specified limits in some cases, not only results in financial losses to the government but also contributes to water depletion in lakes, leading to severe water shortages."

Boseraju also emphasised its adverse impact on groundwater levels.

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Broken promises: Sinking streets, floating deadlines

Despite two self-imposed deadlines, civic body fails to make city pothole-free, experts point to substandard foundations and question official explanations

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TWEETS @sridharvMirror

As 2023 came to a close, it signified yet another failure by the Bruhat Bengaluru Mahanagara Palike (BBMP) to meet its deadlines for fixing potholes in the city. Two 'self-imposed' deadlines were set for November 30 and December 31 to make Bengaluru pothole-free. However, if you happen to travel on the city's roads, you would often wonder whether there are potholes amidst the roads or portions of the roads amidst the potholes.

Shanti Kumar, a resident of Yeshwanthpur said, "It looks like deadlines have no meaning when it comes to BBMP as they are never met. The roads have gone from bad to worse. If anyone wants to know the real quality of BBMP roads, one has to enter the city from the highways. The highways are smooth and once we



Potholes on Old Airport Road

enter the city, we encounter bumpy roads. Even those roads which may be hard to find without potholes are so bumpy that it becomes challenging to drive."

Joseph Y, a college student said, "In the year 2022, BBMP claimed that it could not fill potholes due to excessive rainfall. However, in 2023, we had a deficit of rainfall and yet roads remained in bad shape."

Previously, the BBMP boasted ambitious plans to designate specific areas as 'pothole-free zones,' yet these assurances have failed to materialise beyond mere rhetoric. A sceptical resident questions the likelihood of this becoming a reality, expressing concerns about inadequate pothole repairs that may lead to resurfacing issues. The BBMP had previously in-

centivised residents with cash prizes for providing evidence of potholes on newly resurfaced roads. However, the absence of such contests now

“In the year 2022, BBMP claimed that it could not fill potholes due to excessive rainfall. However, in 2023, we had a deficit of rainfall and yet roads remained in bad shape”

— Joseph Y, a college student

indicates a lack of confidence in the effectiveness of their current efforts, potentially avoiding financial losses.

On the other hand, road experts stress the need for a comprehensive analysis of the factors contributing

to the city's road deterioration and the frequent emergence of potholes. They identify the primary culprit as the substandard quality of the bottom layer, composed of various-sized crushed stones.

The inherent weakness of this foundational layer compromises the integrity of the bitumen applied on top, resulting in the formation of potholes. Experts argue that strengthening the base is paramount to ensure aggregate resilience under heavy vehicular pressure.

They challenge the tendency of officials to attribute potholes solely to external factors, questioning whether Bengaluru is unique in facing rainfall. Comparisons with foreign cities highlight the disparity in road quality, prompting a call for similar superior standards in Bengaluru's road infrastructure.

Pendency for corruption cases in state at 87.3%

CONTINUED FROM PAGE 1

than other states in the country like Madhya Pradesh (63.2), Kerala (75.2), and Tamil Nadu (64.7).

The state's pendency percentage for corruption cases stands at 87.3, with one of the most pending cases along with other states like Maharashtra and Rajasthan. The data highlighted that 357 people were arrested under the PC Act and 19 people were awarded imprisonment or major punishment.

The data showed every year the cases registered under the PC Act increased in the state. In 2020, there were 296 cases which rose to 360 in 2021 and 389 in 2022. Overall, the country registered 4,139 corruption cases. According to the report, trap

cases accounted for more than half of all instances (2,883). This was followed by cases involving criminal misconduct (547) and disproportionate assets (372).

Lawyers said the numbers of the report don't show the real picture as many people are discouraged from filing a police complaint for corruption.

"A majority of the population firmly believes that reporting corruption won't do anyone any good and sometimes even if you go to report corruption, there are high chances that the person taking your case or filing the complaint might be corrupt as well. In criminal cases, corruption comes in the lower strata, wherein not a lot of cases are taken up or even go for the court process," a lawyer told BM.

Cases registered under the PC Act increased in the state each year. In 2020, there were 296 cases which rose to 360 in 2021 and 389 in 2022

She said people in the state often face instances where police would ask for extra money while filing charges or local leaders would demand money to do small civic work.

"How many of these people would actually go and report the case? People have the notion that even if the case is filed there are high chances that the corrupt person won't be arrested," she added.

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Damaged slab

St Marks Road



The broken slab on St Marks Road near the intersection of SBI Road (opposite SBI) poses a pedestrian hazard.

Shabby repairs

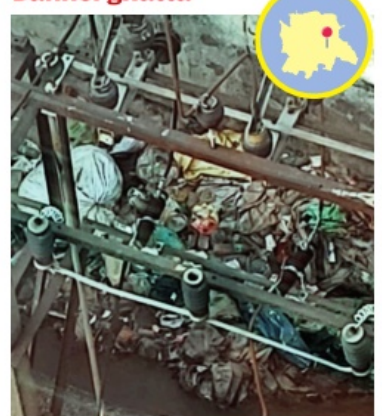
MG Road



The BBMP has repaired MG Road near Star Com in a very shabby way.

Stinky drain

Bannerghatta



Garbage has accumulated in the stormwater drain near Savoury Hotel. The stink is unbearable, and the water in nearby apartments is contaminated. Immediate cleanup by BBMP is needed to restore water quality.

PUBLIC NOTICE

Our client intends to purchase the property bearing Survey No. 31, measuring 8 Acres 20 Guntas and Survey No. 32, measuring 4 Acres 25 Guntas, totally measuring 13 Acres 05 Guntas converted from agricultural to non-agricultural purpose, by the orders of Deputy Commissioner, Bengaluru Urban District, vide Official Memorandum bearing No. ALN(N)CR:45:2000-01 dated 31.03.2001 situated at Nagarur Village, Dasanapura Hobli, Bengaluru North Taluk, as mentioned in Schedule Property belonging to the M/s. World Resorts Ltd. ("WRL" OR "GOLDEN PALMS"), having office at Golden Palms Avenue Off, Tumkur Road, Nagarur Village, Dasanapura, Alur, Karnataka 562 123 having title to the Schedule Property concerned as per the documents verified or acquisition of the Schedule Property by Purchase of 100 Equity and Preferential Shares owned by the Shareholders by M/s. World Resorts Ltd. ("WRL" OR "GOLDEN PALMS")

Any person or persons asserting any rights, titles or claim in the Schedule Property or the Shares of M/s. World Resorts Ltd. ("WRL" OR "GOLDEN PALMS") in any manner or the documents thereof or objecting to such sale in favour of my clients should write to the undersigned within 7 days (Seven days) from the date of issuance of the Public Notice with all documentary proof on which they are basing and asserting their rights with regard to the Schedule Property. The claims and objections received thereafter will not be binding on our client and thereafter our clients shall proceed to purchase the schedule property as if there are no claimants/objections to the schedule property.

If at all there are any claims and objections on the said Schedule Property and to notify the same, please contact Trust Law- Advocates & Solicitors at 080-29913089.

SCHEDULE PROPERTY

Item No. 1: Survey No. 31 (8 Acres 20 Guntas)
All that piece and parcel of the property bearing survey number 31, Nagarur Village, Dasanapura Hobli, Bengaluru North Taluk, Bangalore District, measuring 8 Acres 20 Guntas of agricultural (dry) land bounded on the:

East by: Land bearing Survey No. 32 belonging to the Vendor and B.C.Suman Chandra,

West by: Land bearing Survey No. 30 belonging to Channigiriyappa,

North by: Government Gomala Land,

South by: Land bearing Survey No. 33 belonging to Chikkanna and Dodde Hanumaiah.

Item No. 2: Survey No. 32 (4 Acres 25 Guntas)
All that piece and parcel of the property bearing survey number 32, Nagarur Village, Dasanapura Hobli, Bengaluru North Taluk, Bangalore District, measuring 4 Acres 25 Guntas (out of total area of 7 Acres and 29 Guntas) of agricultural (dry) land bounded on the:

East by: Makali Road to Yadalu,

West by: Land bearing Survey No. 31,

North by: Government Gomala Land,

South by: Property of Doddahanumaiah.

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Postpartum Recovery Can Be Made Easy With Physiotherapy

Physiotherapist can give exercise tips to take care body to avoid future issues

While pregnancy and childbirth can bring happiness and joy to your life, they can also be quite taxing on your body. Pregnancy brings about changes in practically every part of a woman's anatomy. New mothers endure a variety of issues, ranging from lower back pain to incontinence. As a result, it's critical for new mothers to begin doing easy exercises and developing healthy habits as soon as possible in order to effectively manage their bodies' changes. Physiotherapy plays an important role in this, and it can help you avoid future problems like back pain and a variety of other difficulties. Simple exercises and instructions to help take care of post-pregnancy body can be provided by an experienced physiotherapist.

Many moms believe that their postpartum fears are normal, and that any physical symptoms, if they exist, would go away on their own. While the body's natural healing process is excellent, it is frequently insufficient, resulting in muscle tone loss, lower back discomfort, abdominal muscle laxity, and other problems, say experts. "Most symptoms can be treated or avoided with adequate patient education if caught early enough. Physiotherapy for moms and newborns can often be combined to speed up healing and prevent long-term issues," says



Dr Sagar Pathare, Lead Rehabilitation, Mumbai, Nightingales Home Health Services, who feels physiotherapists undertake a rigorous condition-based examination to evaluate the mother's physical and psychological status before educating and treating them. During an assessment, a physiotherapist can identify the following problems.

Lower Back Pain:

Pregnancy-related back pain commonly occurs because of the postural changes of pregnancy, increased ligamentous laxity, and decreased abdominal muscle function.

Pelvic Floor Dysfunction:

The pelvic floor muscles are crucial for keeping our bladder and bowel from leaking, holding in our pelvic organs, supporting our lower backs and pelvic organs. During vaginal birth, pelvic floor muscles are stretched up to four times their normal length. During a postnatal assessment, a physiotherapist can identify issues such as bladder or bowel incontinence.

Lack Of Awareness:

New mothers might not be aware of postnatal conditions that require medical attention. Before getting discharged from the hospital, the

healthcare team should ideally identify any potential complications.

How Will A Physiotherapist Specialised In Women's Health Help?

- Speedy recovery from pain and other complaints experienced after childbirth.
- They can help with weight loss and strengthening of the pelvic floor muscles, as well as the muscles required for maintaining appropriate posture (posture education) during feeding and carrying a kid.
- Along with physical rehabilitation, a physiotherapist can also re-educate the new mother in all the general modifications that can be made in her daily routine. It helps improve a mother's overall mental health.

Here Are A Few General Tips To Follow

1 Maintain a healthy level of water intake and eat nutritious and healthy food. New mothers, especially those who live alone or without much assistance, are prone to neglect their health.

2 Once a mother is aware of her baby's typical sleeping pattern, she can schedule time for herself to rest and sleep properly. It is critical to maintain good health throughout the duration.

3 Avoid lifting large objects, smoking (passive smoking should be avoided as well), and consuming alcohol.

After connecting with their respective gynaecologists, women should see a physiotherapist specializing in women's health during their early pregnant phase. This makes it easier to plan ahead of time for the rest of the pregnancy and to continue those habits once the baby is born. Any of the exercises should not be done without supervision or without thorough comprehension of the method.

by Kayalvizhi Arivalan, Femina



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physiotattva.com








Namma Metro Phase 3 set to roll this year

With three corridors covering 81.12 km, Metro Corporation awaits approvals and funding for metro expansion

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TWEETS @sridharvMIRROR

If all goes well, the work on Namma Metro Phase 3 may commence this year. The third phase comprises three corridors with a total length of 81.12 km. The first corridor proposed Metro connectivity from JP Nagar fourth phase to Kempapura (32.15 km) with 22 stations. The second corridor spans from Hosahalli-Magadi road station to Kadabagere, covering 12 km with nine stations. The third corridor extends from Sarjapur to Hebbal, covering a length of 37 km. The Metro 3A project has received approval from the state finance department, and Bangalore Metro Rail Corporation Limited (BMRL) may soon proceed with land acquisition works. Currently, BMRL has sought approval from the Centre.

An official stated, "The Kempapura-JP Nagar fourth phase and Hosahalli-Kadabagere Metro project is estimated to cost Rs 16,328 crore. If the work begins this year, the Kempapura-JP Nagar Metro project may be completed by 2028 and benefit 4.65 lakh travellers on this route. This project will receive 20 per cent investment from the state and Central governments, and the remaining 60 per cent will be financed by loans from other financial institutions. Around 110 acres are to be acquired for the project, with 85 per cent being government land and the remaining private land to be acquired."

According to the DPR prepared for the first two corridors



Metro Rail serves as a crucial mass rapid public transport system for Bengaluru

This project will receive 20% investment from the state and Central governments, and the remaining 60% will be financed by loans from other financial institutions

—BMRL official

of the third phase, the first corridor will connect JP Nagar with Hebbal, featuring stations at JP Nagar fourth phase, fifth phase, JP Nagar, Kadirenahalli, Kamakya Bus Stand, Hosakerehalli Cross, PES College, Nayandahalli, Nagarabavi Circle, Vinayaka Layout, Ambedkar Institute of Engineering, BDA complex, Sumanahalli cross, Chowdeshwari Nagar, Freedom Fighter Cross, Kanteerava Studio, Peenya, Bahubali Nagar, BEL Circle, Patelappa Layout, Hebbal, and Kempapura. The second corridor will connect Hosahalli with

KHB Colony, Vinayaka Nagar, Sumanahalli Cross, Sunkadakatte, Herohalli, Byadrahalli, Forest Gate, and Kadabagere.

Last year, Deputy Chief Minister DK Shivakumar met Union Finance Minister Nirmala Sitharaman seeking the Centre's approval for the project. BMRL's Phase 1 comprised 42.3 km with 40 fully operational stations. Phase 2 spans 75.05 km with 62 stations, partially operational. Additionally, Phase 2A and Phase 2B (Outer Ring Road-Airport Metro) cover 58.19 km

and are currently under construction. Phase 3, totalling 44.65 km, has been submitted to the Union Government for approval, while Phase 3A, covering 37 km, is in the final stage of the DPR.

Officials stressed that the Metro Rail serves as a crucial mass rapid public transport system for Bengaluru, alleviating traffic congestion, pollution, and travel time. It enhances accessibility, affordability, and safety for commuters. Acknowledging Bengaluru's rapid expansion in all directions, officials identified five corridors as extensions to existing Metro lines, totalling 129 km. These corridors aim to connect peripheral areas and satellite towns, addressing the growing demand for public transport.

What's in a metro station name?

Bangalore Mirror Bureau
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TWEETS @BangaloreMirror

Despite protests from residents of Hebbagodi against the naming of Hebbagodi Metro station on the yellow line with a prefix of biopharmaceutical company Biocon, the Bangalore Metro Rail Corporation Limited (BMRL) has maintained that the name will remain unchanged.

Members from the Hebbagodi Municipal Corporation staged a protest on Tuesday, voicing their criticism against the station being named 'Biocon Hebbagodi'. They alleged that the BMRL has made a unilateral decision over the matter, without consultation from residents. Munikrishna, the councillor of Hebbagodi Municipal Corporation, said that the naming hurt the sentiments of many villagers in Hebbagodi. "Only because a company has donated a vast amount for the construction of the metro, it (the station) cannot be named after them. Many villagers have also given up their land for metro construction. We urge the state government and the BMRL to remove the Biocon prefix," he said.

The Hebbagodi Metro Station is part of the 18.82 km yellow line, spanning from RV Road to Bommasandra, being constructed under Phase II of the project at Rs 5,744 crore. It will provide connectivity to the IT hub in Electronic City all while reducing traffic congestion on Hosur Road.

Anjum Parwez, the previous managing director of BMRL, noted that the prefix is being added as it falls under the 'Naming Rights' policy of BMRL, which has also been approved by the government. Any organisation that pays Rs 65 crore towards any station on the various upcoming lines will have the right to have their organisation's name as a prefix to the station. There are also past instances of the rule being followed with Electronic City station having the prefix Infosys and Bettahallur having Embassy. The already operational Sampige Road station also has the prefix Mantri Mall. The policy helps mobilise private funding for metro projects while reducing the burden on the government and is not unique to Bengaluru. It is also followed in other metro cities like Delhi and Mumbai.

This is not the first incident of naming a metro station creating controversy. In 2016, Chief Minister Siddaramaiah and the then Union Minister Venkaiah Naidu had come to a consensus to name the Hosahalli Station after the Vokkaliga seer Balagangadharanatha Swamiji, going against the rules followed by the BMRL. After a proposal to name Vidhana Soudha station after Dr BR Ambedkar arose, the station was named after him. However, the BMRL has consistently tried to name metro stations after the localities they are situated in to avoid any confusion.

Officials investigate bio-medical waste dumping at Hosakerehalli Lake

Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com

TWEETS @BangaloreMirror

Officials from Karnataka State Pollution Control Board (KSPCB) inspected Hosakerehalli Lake in Rajarajeshwari Nagar on Thursday morning after residents living in the area discovered a considerable amount of bio-medical waste (BMW) dumped inside and around the water body on Tuesday. The officials examined the waste and assured the residents that action would be taken against the offender.

"The bio-medical waste has been cleared with the help of a common bio-medical waste treatment facility and we are in the process of identifying

the culprit. We have recovered syringes, expired medicines, used gloves, and some biological samples from the site. Most of the waste was expired medicine. We will issue a show cause notice and based on the extent of the violation, action will be taken against them," said a KSPCB official.

Later in the day, officials from Bruhat Bengaluru Mahanagara Palike's (BBMP) Solid Waste Management department penalised a private clinic for dumping the waste.

"We have imposed a fine of Rs 30,000 on the clinic for illegal disposal of BMW. Some of the medicines are from government hospitals and we are looking at government hospitals also in the area," said a BBMP official.

According to KSPCB officials, under the Bio-medical Waste Management Rules, 2016, every healthcare facility, whether private or government facility, is supposed to hand over BMW to common biomedical waste treatment facilities.

"Healthcare facilities are awarded the licence to operate only after they make agreements with common biomedical waste treatment facilities. This rule applies to every hospital and clinic. Strict action will be taken against those who have violated this rule," said the official.

Hosakerehalli Lake rejuvenation on the cards

According to BBMP's Lake Department, the rejuvenation work



of Hosakerehalli Lake which was put on hold due to the rainy season will begin soon.

"Currently BBMP is constructing storm water drain connecting to the lake. Once their work is completed, we will resume lake rejuvenation. We will look into the mosquito menace complaint, which in all probability is due to raw sewage being discharged by an apartment complex in the area. We plan to construct a diversion canal and it will take care of the untreated sewage entering the water body," said an official from the Lake Department.

The lake revival work was started by BBMP in May last year after many complaints were raised by the residents regarding the bad state of the lake. However, it came to a screeching halt immediately after due to the arrival of the rainy season.



Despite so many people having air conditioning at home now, many are still unsure how to use it efficiently. And air conditioning uses a lot of energy. For example, running all the lights in an average home all day and night consumes about the same energy as one hour of air conditioning in the same space.

Many people think they can save money and energy by just blasting the air conditioning at a very low temperature, such as 17°C, for a short period of time to chill the room - before switching it off and enjoying the chilled air until another blast is needed later on. But it requires a lot of energy to get a room to a very chilly temperature.

While running it briefly and intermittently at a very cool temperature may feel thrifty, it won't be the most energy efficient choice. Here's what to do instead.

Start by reducing how hot your home gets

First, try to minimise the need for air conditioning. Look for ways to stop your house getting hot in the first place.

Heat can come in from outside through surfaces such as walls, windows, and ceilings. Hot air can creep in under doors or through open windows and vents. Appliances and people inside can also generate heat (although the heat impact of people is generally relatively small, unless there's a large group).

To reduce some of this heat, you can

- close blinds and windows before it starts getting hot
- use draft stoppers around external doors to stop hot air wafting inside
- plant trees (deciduous trees will let sunlight through in winter)
- install external shading, particularly on north and western aspects of your house
- improving ceiling and wall insulation, window glazing and sealing (if time and budget allow)
- reduce use of the oven and cooktop on very hot days (more efficient appliances, however, reduce this heating effect and save energy).

Rooftop solar systems provide a dual benefit of adding shade on the roof to stop heat coming in that way, as well as offsetting power usage.

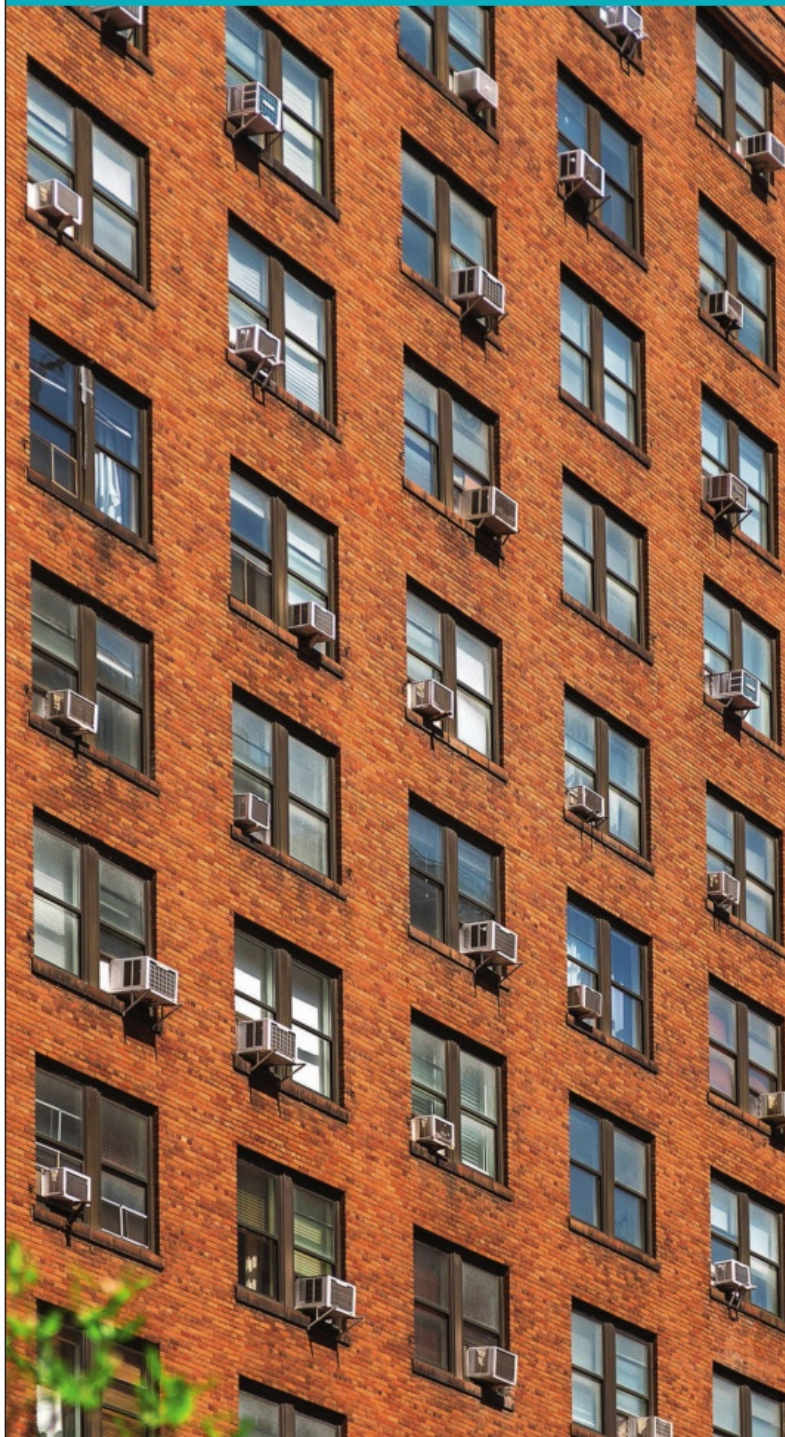
If you're in a double storey house, the lower level can be a few degrees cooler; it can help just to hang out downstairs on a very hot day.

Set your air conditioning to the highest level that's comfortable

Turning our attention to the air conditioning unit itself, the most energy efficient action is to set the temperature to the highest value that's still comfortable (26°C during the day and 22°C when sleeping is often recommended). Then, just let it run.

How do I use air conditioning efficiently?

Is it better to blast it briefly throughout the day, or just leave it on?



Modern units (that feature technology known as an "inverter") will adjust their output efficiently to maintain the indoor temperature at the setting

you've chosen.

Be careful, however; setting the temperature too low can result in the unit using more power than you think it's using

(based on star rating label).

Older non-inverter units will cycle on and off to maintain the temperature, and you will generally be able to hear and feel it going on and off. (The newer inverter units, by contrast, don't tend to cycle on and off as much; they usually just stay on and continuously modulate their output).

For non-inverter units, in general, remaining on for much longer than it is off indicates the air conditioning is working very hard. This may suggest the unit is too small for the space you're trying to cool, or that you just have a lot of heat in the house (are you cooking a roast?). It could also suggest a fault.

Ceiling fans and servicing can help

Regardless of the type of air conditioning you have, for each 1°C the temperature is lowered, energy use increases by 5 to 10%. So it's important not to over-cool. That's why repeatedly blasting the air conditioning at a very low temperature over the course of the day isn't wise.

Using ceiling fans along with air conditioning can make things feel cooler by 2-3°C due to the air movement, meaning you can set your air conditioning at a higher temperature. Fans use minimal power compared to air conditioning.

Clean the air filters regularly (your manual will explain how) and make sure air grills and vents are not blocked by furniture or, for outdoor units, by vegetation.

If parts of your outdoor units are heavily corroded or badly bent, the unit likely won't work as well. Animals can cause damage to outdoor units but parts can often be easily replaced.

If your air conditioning doesn't seem to work well, makes unusual sounds, or if fault codes show up on the display unit, get it serviced.

And if a cool change comes through, switch off the air conditioning and open as many windows and doors as possible to allow the breeze to flow through the house.

If you have a time-of-use electricity tariff (it'll say on your electricity bill if you do), reducing use in the afternoon and early evening can save a lot. Energy prices can be double or more at these times.

An efficient unit can save you money in the long run

When it comes time to replace your air conditioning, carefully consider the energy efficiency or star rating.

The more stars the better; even a half star higher could more than pay for itself over the life of the unit (especially if you also use it in winter for heating).

Several state governments also have incentive schemes that can help cover the cost of upgrades or replacements.

(By Mark Goldsworthy, CSIRO, The Conversation)



All you need to know about...

Perinatal depression

Fatality risk

Women who experience depression during or after pregnancy are more likely to die from both natural and unnatural causes, according to a recent study of childbirth in Sweden published in The British Medical Journal. The increased risk peaks in the month following diagnosis and remains raised for up to 18 years.

Depression

Women who develop perinatal depression, which is to say depression during pregnancy or shortly after childbirth, are generally twice as likely to die of natural or, as in most cases, unnatural causes. They are six times more likely to commit suicide than women without this form of depression. The increase in risk peaks in the 30 days following diagnosis but remains elevated for up to 18 years later. These are the results of a large cohort study that used data from the Swedish Medical Birth Register, which effectively contains all births in Sweden since 1973.

Doesn't prove causality

"This is a cohort study, and although it can't prove any causality, it's the largest and most comprehensive study in its field," says Qing Shen, affiliated researcher at the Institute of Environmental Medicine, Karolinska Institutet and one of the principal authors of the study. "I believe that our study clearly shows that these women have an elevated mortality risk and that this is an extremely important issue."

Postpartum blues

The risk was highest for the women diagnosed with postpartum depression (depression after childbirth), corroborating the findings of previous studies. Women diagnosed with antepartum depression (depression during pregnancy) have not been studied as much, so the knowledge base there is smaller. —ANI

What older canopies in city do

CONTINUED FROM PAGE 1

said Dr Rajesh Gopinath, professor, department of civil engineering, BMS Institute of Technology and Management.

Experts said the outcome of the study makes up a case for conservation and preservation of old native trees in the city that form much larger canopies and improve airflows.

The research further highlighted that the ambient air temperature in and around rural green spaces was found to be cooler by 1.9°C.

"We analysed air temperature at Vishwa Shanti Ashram campus located in Hessarghatta; it confirmed the presence of urban warming in comparison with public green spaces in rural areas.

The monitoring revealed that the ambient air temperature at the rural observatory was cooler by 1.9°C than the urban observatories located 38 km apart," the study noted.

The survey was conducted by researchers from the BMS Institute of Technology and Management and Acharya Institute of Technology to look at variations in ambient air temperature and to ascertain the role of green spaces in cooling the neighbouring surroundings.

Researchers said the public green spaces – including green campuses and parks – are considered important sinks, creating cooler ambience, thereby forming Park Cool Islands. However, the degradation of these spaces in Bengaluru is leading to an



accelerated climatic deterioration.

"Our analysis shows that public green spaces can reduce the urban heat island effect and maintain a comfortable temperature in its surroundings. As long as we respect natural wind paths and the orientation of the sun while planning our towns and cities, the urban heat island effect can be mitigated. However, Bengaluru has not been planned. The city does not just experience the urban heat island effect, but the urban heat archipelago effect. Many spots in that city have become like hotcakes due to rampant, unorganised, and unplanned urbanisation. Moreover, we are going about removing the remaining natural sinks instead of adding more. We have reached a point where we must desperately conserve the leftover green spaces," added Dr Gopinath.

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UI teaser sparks excitement

Upendra's long-awaited film, 'UI,' has finally unveiled its teaser, setting the cinema world ablaze with unparalleled anticipation. The versatile director and actor, Upendra, expressed his enthusiasm by declaring, "We are delving into the UI world, unexplored in my previous works. This film introduces a realm of visuals never witnessed before." His dedication to pushing creative boundaries is evident, promising intellectually stimulating content and a heightened emphasis on visualisation.

Producer Allu Aravind echoed this sentiment, stating, "Kannada cinema is embracing world cinema. The UI teaser entices with visual extravagance, making it a compelling watch. This film possesses the potential to rival Hollywood productions."

During the teaser launch, the legendary actor Shivarajkumar asserted, "UI is not a simple film. Contemporary cinema knows no boundaries. Just as 'KGF' and



'Kantara' shattered language barriers, UI visually communicates something extraordinary. It has the power to transcend cinematic norms." KP

Shreekanth also expressed his thoughts, stating, "I am fortunate to be associated with a great director like Upendra."

As the UI teaser reverberates through the film industry, it becomes evident that "Upendra's latest venture is not just a movie but a cinematic spectacle poised to challenge and redefine the global standards of storytelling," says UI Producer G. Manoharan. The film is produced by Lahari Films - G. Manoharan and Venus Entertainers - KP Shreekanth, co-produced by Naveen Manoharan."



Triangular contest



Hollywood star Timothee Chalamet has dismissed rumours of a fall out between Selena Gomez and his girlfriend Kylie Jenner.

Rumours of a fall out emerged after Selena was reported to be fuming after asking for a picture with the 'Wonka' actor, which his girlfriend Kylie shut down, reports Mirror.co.uk.

The incident comes after Kylie and Selena have had past drama with an ongoing "feud" after last year Kylie was accused of mocking Selena's looks on social media.

Kylie later spoke out about the feud rumours, slamming them as "silly" with Selena also branding the fallout as non-existent. Just 12 months later and it seems Timothee is also keen to dismiss any gossip about an argument or fall out after Sunday's Golden Globes ceremony.

Speaking on camera to TMZ, Timothee can be heard answering "of course" when asked if he and Selena are friends, as well as dismissing questions that Kylie had "snubbed" Selena at the recent awards as he answered "no" and shook his head.

As per Mirror.co.uk, the comments come after Selena found herself caught up in a web of drama as she was spotted gossiping with Taylor Swift and Keleigh Teller at the 81st annual Golden Globe Awards. The friends were filmed having what seemed to be a rather serious chat, with Selena leaning in to Taylor and Keleigh to share some juicy gossip.

Fans were unable to hear what the women were talking about but thought she had asked Timothee Chalamet for a picture and his girlfriend Kylie Jenner stopped her.

—IANS

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I Kavya Sridhar W/o Sridhar Srinivasan R/o No 556, 7th A Main Road, Hig Colony, near Silk Soft Ware, R.M.V. extension 2nd Stage, Bengaluru 560043 have changed my name to Kavya Bhagavan Sridhar for all purposes.

I Humaira Tabassum Shah W/o Mr. Nawaz Ahmad Nengroo R/o 13-a Margarita Block Regency Lamajada Apartment Hennur Main Road Bengaluru-560043 Have Changed My Name To Humaira Tabassum

I, Pravin Fernandes R/o B-806, Gr Queens Pride,yelenahalli, Begur Koppa Road, Bangalore 560068 have changed my minor son's name from Ethan Pravin Fernandes to Ethan Fernandes.

I, Deepu T B R/o #22/1, Valbhav Nilaya, 1st Main, 2nd Cross, Svp Layout, Halehalli, Kr Puram, Bangalore-560036 have changed my minor daughter's name from Nesara D to Saanvi D.

I, Anoop kumar Karunakaran Veedu, residing at 506-kbr Pearl, 17/4, 3rd main, coffee board layout, Kempapura, hebbal, Bangalore 560024, have changed my name to Anoop Kumar.

I Usha Muralinarayanan W/O, Murali Narayanan Pk R/o Timberleaf Apart, Hsr Layout, Bangalore have changed my name to Usha Vadassery Peringode.

I, Lennon Dhanaraj, resident of # B-704, SBC The Nest, Kannamangala, Whitefield Hoskote Main Road, Bangalore-560067 have changed my son's surname (minor) from Sean Lennon Dhanaraj to Sean Lennon.

I, PRATHAP TILAK NAGARAJ S/o Nagaraj P, residing at #134, 12th cross, Rama Temple street, Domlur Village bangalore -560071, have changed my name from PRATHAP TILAK to PRATHAP TILAK NAGARAJ vide affidavit dated 10 Jan 2024 sworn before notary MEER HASSAN, Bengaluru.

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I, Ramesh Kumar S R/o #37, 5th Cross, Dhanalakshmi Layout, Virupakshapura, Thindlu Main Road, Bengaluru- 560097 have changed my minor daughter's name from Tarjani Ramesh to Tarjani KR.

I, Mohamed Nasir S/o Shaik Ahmad R/o #368 Sarbanda - palya Banashankari Stage Blore-560070 have changed my name to Mohammed Naseer.

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IN HINDI AT : PVR - INOX CINEMAS (DIRECTORS CUT, FORUM REX WALK, 9:40, 12:45, 7:05 p.m.) | NEXUS FORUM MALL, KORMANGALA, 9:00, 12:05, 4:10 p.m. | ORION MALL, YESHWANTPUR, 4:05, 10:00 p.m. | VAISHNAVI SAPHIRE MALL, TUMKUR ROAD, 12:35, 6:45 p.m. | VEGA CITY MALL, 12:30, 9:55 p.m. | MSR REGALIA, 9:10, 3:30, 9:45 p.m. | PHOENIX MARKET CITY, K.R. PURAM, 9:50, 12:55, 7:10 p.m. | BHARTIYA CITY, 9:20, 10:15 p.m. | GT WORLD MALL, AURA PARK SQUARE, WHITEFIELD ROAD, 6:45 p.m. | SPIRIT MALL, 8:55, 7:10 p.m. | VR MALL, WHITEFIELD ROAD, 9:40, 4:05, 9:50 p.m. | GLOBAL MALL, NAYANDALLI, 1:05, 10:20 p.m. | UPTOWN OMR MALL, 12:00, 6:45 p.m. | SUPERPLEX FALCON CITY, 4:05, 10:15 p.m. | GARUDA MALL, 3:35, 10:00 p.m. | BROOKFIELD MALL, 4:25p.m. | LIDO, 7:05 p.m. | GALLERIA MALL, RMZ YELAHANKA, 12:20, 6:45 p.m. | SBR HORIZON, SEEGEHALI, 12:30, 6:55 p.m. | CINEPOLIS CINEMAS (ROYAL MEENAKSHI MALL, 10:00, 7:20, 10:25 p.m.) | ETA MALL, BINNY MILL, 10:00, 1:00, 10:00 p.m. | EAST ORION MALL, 12:55 p.m. | SHANTINIKETAN, 10:00, 1:00, 10:30 p.m. | SJR SPECTRUM MALL, 10:00, 4:30, 10:30 p.m. | LULU MALL (TRD), 10:30, 1:30, 7:35 p.m. | LULU MALL (VIP), 10:00 a.m.) | GOPALAN CINEMAS (ARCADE MALL, 4:30, 10:00 p.m. | LEGACY MALL, 10:00, 3:00, 7:15 p.m. | SIGNATURE MALL, 10:30, 7:00 p.m. | INNOVATION MALL, 4:30, 10:00 p.m.) | INNOVATIVE (MARATHALLI, 9:30, 12:20, 3:20, 6:20, 9:20 p.m.) | CINEPHILE (HSR LAYOUT, 10:30, 4:45, 7:40 p.m.) | ROCKLINE CINEMA MALL (JALAHALLI CROSS, 7:10, 10:15 p.m.) | CINE GALAXY (SURATKAL, 1:00 p.m.) | MOVIE TIME (DAVANGERE, 1:00 p.m.) | ABHINAY (K.G.ROAD, 10:30, 1:30 p.m.) | PVR - INOX CINEMAS (FIZA MALL, MANGALORE, 12:50, 7:10 p.m.) | FORUM MALL, MYSORE, 3:45, 9:50 p.m. | GARUDA MALL, MYSORE, 9:10, 3:50 p.m. | CENTRAL, MANIPAL, 10:10 p.m. | SATYAM MALL, MYSORE, 8:55, 7:05 p.m. | S MALL, TUMKUR, 12:40, 7:25 p.m.) | CINEPOLIS (CITY CENTRE MALL, MANGALORE, 12:20, 3:55, 6:55 p.m.) | BHARATH CINEMAS (MANGALORE, 10:00, 1:15, 7:15, 10:15 p.m. | MANIPAL, 10:15, 4:30, 7:45 p.m. | KUNDAPUR, 10:15, 7:00 p.m. | PUTTUR, 1:15, 4:15 p.m. | SHIMOGA, 1:30, 10:15 p.m.) | DRC CINEMAS (MYSORE, 7:05 p.m.) | BALAJI DELUXE THEATRE (MYSORE, 11:00, 2:00, 5:00, 8:00 p.m.) | R R MULTIPLEX (BELLARY).

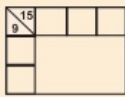
IN TAMIL AT : PVR - INOX CINEMAS (ORION MALL, YESHWANTPUR, 1:00, 7:10 p.m. | VEGA CITY MALL, 3:30, 6:35 p.m. | SUPERPLEX FALCON CITY, 9:00, 7:10 p.m. | GARUDA MALL, 12:25 p.m. | LIDO, 12:40, 10:00 p.m. | MANTRI MALL, 9:00, 12:30, 7:00 p.m. | CENTRAL MALL JP NAGAR, 12:30, 6:55 p.m. | FORUM NEIGHBOURHOOD MALL, 12:30, 6:55 p.m. | GARUDA, YELAHANKA, 3:45, 10:00 p.m.) | CINEPOLIS CINEMAS (ROYAL MEENAKSHI MALL, 12:55 p.m.) | ETA MALL, BINNY MILL, 7:30 p.m. | EAST ORION MALL, 6:50 p.m. | SHANTINIKETAN, 7:30 p.m. | SJR SPECTRUM MALL, 5:45 p.m. | LULU MALL (TRD), 10:35 p.m. | LULU MALL (VIP), 7:30 p.m.) | GOPALAN CINEMAS (LEGACY MALL, 1:00 p.m. | GRAND MALL, 4:15, 9:45 p.m.) | MOVIE TIME (DAVANGERE, 4:30 p.m.) | SHARADA THEATRE (SP ROAD, 4:15, 9:45 p.m.) | PVR - INOX CINEMAS (GARUDA MALL, MYSORE, 10:30 p.m.) | DRC CINEMAS (MYSORE, 10:05 p.m.) | SUCHITRA PRABHATH (MANGALORE, 10:00, 7:00 p.m.).

IN TELUGU AT : MOVIE TIME (BELLARY, 1:00, 8:00 p.m.).

FARNAZ

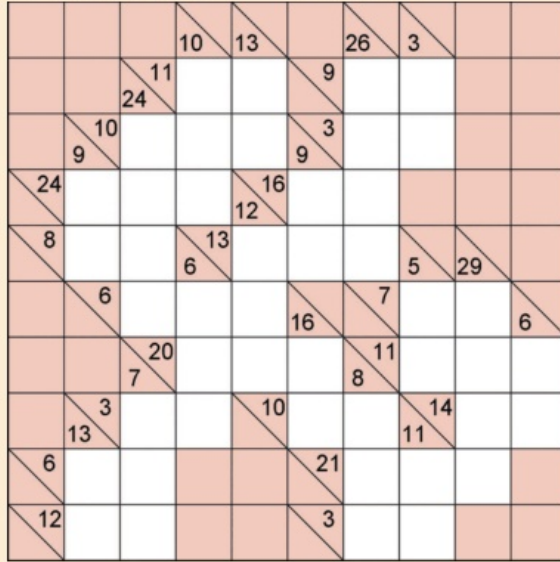
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

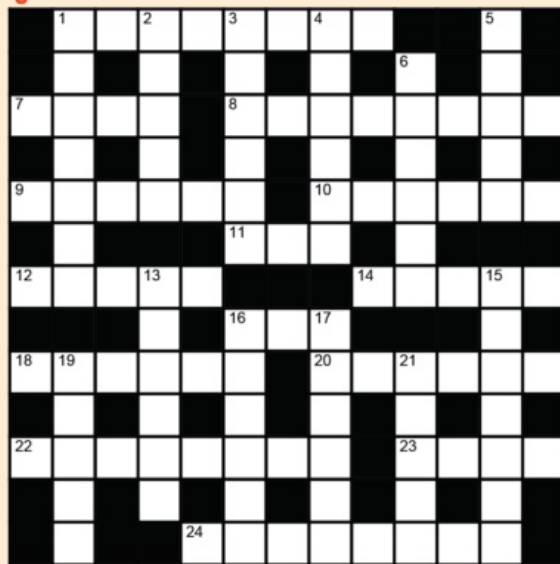


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Sodium ____ : common salt for the chemist? (8)
- 7 Colloquial way of saying 'brother'? (4)
- 8 Broad-winged, soaring hawks (8)
- 9 Royal residence (6)
- 10 Drink of the gods (6)
- 11 To sink or hang down in the middle (3)
- 12 An outfit or costume? (3-2)
- 14 Pot to some (5)
- 16 Kyushu mountain (3)
- 18 Equipping with weapons (6)
- 20 Resigns or abdicates? (6)
- 22 Implies (8)
- 23 Endure (4)
- 24 Extreme cruelty (8)

DOWN

- 1 Small bouquet, either worn or carried (7)
- 2 Insect stage (5)
- 3 Red gems (6)
- 4 Overwhelming or dazzling (6)
- 5 Former Indian paceman ____ Pratap Singh (5)
- 6 Cup's companion (6)
- 13 Alliances or marriages (6)
- 15 Fulfil the requirements (7)
- 16 Queen of Crime ____ Christie (6)
- 17 East Indian state (6)
- 19 Spacious (5)
- 21 Beach near Udipi (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: P EQUALS U
SZP QGYR FZ WKRGV TRUZR
SZPK WKRVC XGD XZVR FKPR.



Linemaro

How do you get your hair to look that great?



Mindchow

In the morning, a man walks with his whole body; in the evening, only with his legs



Joke of the day

If a coworker asks to borrow your pen, sniff it and say "I think this one is safe" and see if they'll take it from your hand

Loop

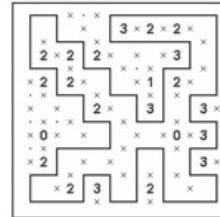
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

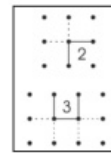
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

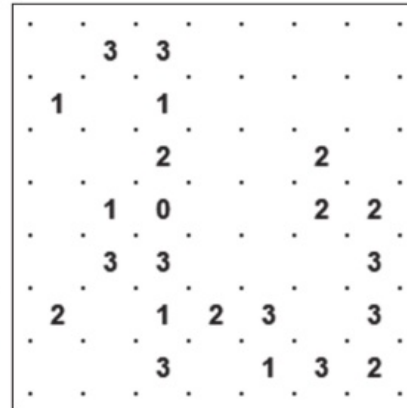
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



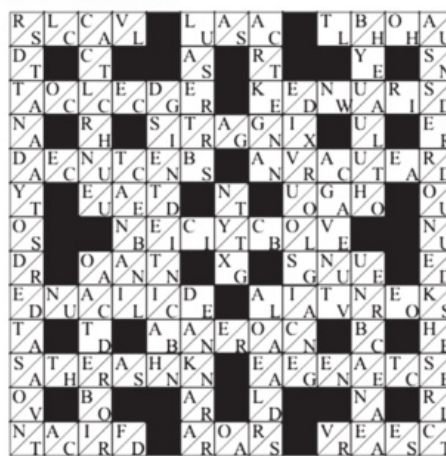
(Fig A)



(Fig B)
Not Allowed



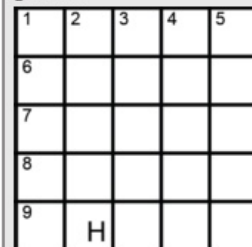
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

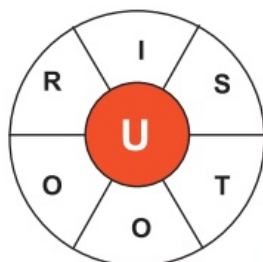
- 1 Slam F; 6 Eery I;
- 7 Me and; 8 Grips;
- 9 Met he

DOWN

- 1 Fates; 2 HM ply;
- 3 Raree; 4 I'm min;
- 5 Edges

Mensapuzzle

Work clockwise round the circles to spell out two eight letter words that are antonyms. Each word commences in a different circle, and you must find the starting point of each. Every letter is used once each and all letters are consecutive.



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

□ □ □ □ □ = 22

3 4 7 8

Medium

□ □ □ □ □ = 19

1 2 4 5

Hard

□ □ □ □ □ = 49

1 5 9 3

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Back of chair is smaller. 2. Phone cord is missing. 3. Woman's shoulders are wider. 4. Tie is thinner. 5. Paper is missing from hand. 6. Pad is longer.

Each statement describes two words that when fused together create a new unrelated word (not a compound word). The clues do not necessarily indicate in which order the two words are attached. Example: This is the oldness of a tablet (pill + age = pillage).

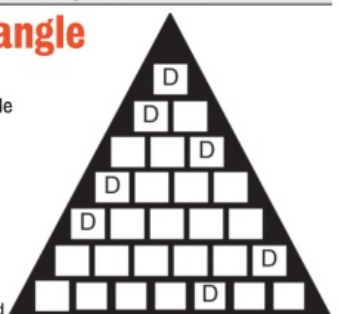
Riddler

- 1) This is a canine's mother.
- 2) This is currently not there.
- 3) This is when pain is required.
- 4) This is a long time for a boar.

Alpha triangle

- 1 Vitamin type
- 2 Act
- 3 Chic or fashionable
- 4 Rounded roof
- 5 Airfield
- 6 Gave shape to
- 7 Liberty

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

Redeye by Mel Casson



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today, at the beginning of the day, you may not be focused on your work, but with the help of elders' blessings, you may be able to control this messy situation. You may easily find the resources that might be important for the completion of the project. Your sources of income are likely to increase; your losses may be converted into profits, boosting your financial health.



Leo Jul 24 - Aug 23

Today, blessings from the moon may make you happy. You may help needy people. You are likely to analyze yourself and accept mistakes in your personal life. Faith in the relationship with the spouse is likely to improve, boosting confidence in the relationship. Disputes between partners may be resolved now.



Sagittarius Nov 23 - Dec 22

Today, you are blessed by the moon. You are likely to have inner strength and be able to make some difficult decisions at work. You may be busy with social get-togethers, which may expand your network. Your network may give benefits in the near future in terms of work. Property-related disputes with siblings are likely to be resolved now.



Taurus Apr 21 - May 20

Today, you will expect a big order from an overseas client, which will increase your liquidity in the business. You are likely to meet some influential person who may help you grow your business. Your bond with the boss may become strong, and you may expect promotions due to hard work. Your prestige may increase now.



Virgo Aug 24 - Sep 23

Today, you may feel healthy, and old health issues may be resolved now. You may likely win some litigation. You have full control over your opponents and business rivals. Your money, which was stuck, is likely to be recovered now, boosting your liquidity. You may likely get a new responsibility at work, which will give you benefits in the near future.



Capricorn Dec 23 - Jan 20

Today, you may be busy with family, and planning for your kid's academics. You may also plan to spend money on buying some artefacts and creative stuff to renovate your house. You may plan to go for short trips for your kids' academics. Kids' education may make you upset. You are advised to avoid any type of addiction; otherwise, it may create some disturbance in domestic life.



Gemini May 21 - Jun 21

Today, you are blessed by your elders, who may give patience to your thought process. You are likely to be happy and calm. You may plan to visit some spiritual place to seek peace of mind. You may also donate some amount to a spiritual place for development. There may be some chances for overseas travel.



Libra Sep 24 - Oct 22

Today may be mixed. You may be busy with kids' issues, and couples may likely welcome a newborn baby. Those couples trying for a kid can hear some good news. With the help of wisdom, you may be able to settle disputes in business and social life. Students may plan for overseas education. Natives in jobs may make some plans for higher studies for a good career.



Aquarius Jan 21 - Feb 19

Today, you are blessed by the moon. With the help of courage, you may be able to make good plans and may likely implement them efficiently. You are advised to control overexcitement; you may likely make some mistakes. You are advised to read documents before making a signature. Your rivals and opponents are now under control.



Cancer Jun 22 - July 23

Today, you may feel dull, and you may also have some health issues that are likely to affect your day-to-day work. You find yourself under mysterious fear, which may make you sensitive and emotional. You are advised to avoid rush driving and adventure tours. You are also attracted to the occult. You are advised to visit some religious places.



Scorpio Oct 23 - Nov 22

Today, you may feel disappointment at work, not being able to enjoy your life at any moment. You may face some losses in property matters. It is advised to postpone investments for a while; otherwise, you may face losses. You are also advised to take care of your parents' health.



Pisces Feb 20 - Mar 20

Today, your old health issues may arise again. Anxiety and restlessness may make you upset. You may likely become unfocused towards your goals, wasting your precious time on worthless tasks. You are advised to control your spending on worthless stuff as it may affect your financial health.



KIDZONE



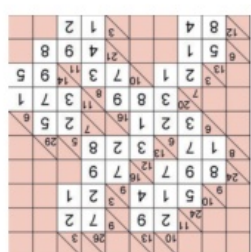
Gagana S,
13 Years,
Indiranagar
Cambridge
School



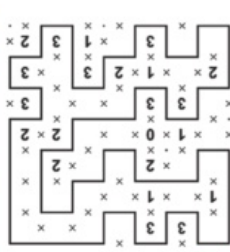
Swetha V,
13 Years,
Indiranagar
Cambridge
School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

SOLUTIONS



KAKURO



LOOP

5 x 9 + 3 + 1 = 49
Hard
4 x 5 + 1 - 2 = 19
Medium
3 x 8 + 7 + 4 = 22
Easy
You have to dream before your dreams can come true.
QUOTE UNQUOTE
LENGTHEN, DIMINISH
MENSAPUZZLE



SUDOKU



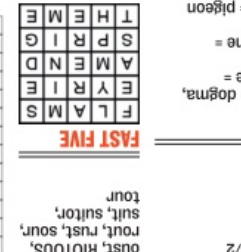
MENSAPUZZLE



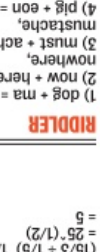
QUICK



STRIKE OUT



BULLS & COWS



SOLVE IN 10

Zeenaat's choice

Veteran actor says Deepika would be perfect fit for 'Satyam Shivam Sundaram' sequel



With her acting prowess, actress Deepika Padukone has found a home in the hearts of moviegoers. Even veteran actress Zeenaat Aman is an admirer of her work.

In the latest episode of Disney+Hotstar's 'Koffee with Karan 8', Zeenaat Aman marked her gracious presence with Neetu Kapoor. The two went down memory lane as they discussed their busy work life, co-stars, marriage, motherhood, and even grandmotherhood with host Karan Johar.

Interestingly, during the rapid-fire segment, Karan went on to ask Zeenaat about her choice of actress who would be appropriate to play the role of Rupa in the sequel to Satyam Shivam Sundaram (1978). Without any second thought, she took the name of Deepika Padukone.

'Satyam Shivam Sundaram' is a 1978 romantic drama film produced and



directed by Raj Kapoor and written by Jainendra Jain. It starred Shashi Kapoor and Zeenaat Aman in the lead roles. In the film, she played the role of Rupa with a disfigured face.

During the episode,

Zeenaat recalled how she got the role in the iconic, albeit controversial film, directed by Raj Kapoor.

Zeenaat Aman recalled, "I didn't think that he would even think of casting me in this kind (Rupa) of role. Because she is the daughter of a priest. One day we were shooting at Esel Studios, which is on the road to RK (RK Studios). After packing up, I just dressed myself up in my version of what I thought he (Raj Kapoor) would think of Rupa."

On how she prepared for the role, she added, "With tissue paper stuck on my face. And make-up, and choti (braid), and ghagra-choli. Then I went to RK Studios. He had this man on Friday, John, and then I said, John, please tell sir that Rupa has come. So he said, Rupa? Who is Rupa? Then he (Raj Kapoor) called me inside his cottage, and I went. Then he was gob-smacked," Zeenaat Aman recalled.

—ANI

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